

OLD BOY'S CUP ATHLETICS CHAMPIONSHIPS

Thursday 14th FEBRUARY 2019

Field Events

	Under 14	Under15	Under16	Under17	Over17
9.30	High Jump Shot 4kg	Javelin700g	Long Jump	Discus 1.5kg	Triple Jump
10.10	Triple Jump	Shot 5kg High Jump	Javelin 700g	Long Jump	Discus 1.5kg
10.50- 11.30	Discus 1kg	Triple Jump	Shot 5kg / High Jump	Javelin 700g	Long Jump
Lunch 11.30 to 12.00					
12.10pm	Long Jump	Discus 1.25kg	Triple Jump	Shot 5kg/ High Jump	Javelin 700g
12.40 pm To 1.30 pm	Javelin 600g	Long Jump	Discus 1.25kg	Triple Jump	High Jump Shot 5kg

Track Programme

9.30am	3000m	Under 14
9.45 am	3000m	Under 16
10.00am	200m	Under14 – Over 17
10.25 am	3000m	Open
10.40 am	800m	Under 14 - Over 17
11.00 am	100m	Under 14 - Over 17
11.30-12.00	Lunch	
12.10	HURDLES	Under14 – Over 17
12 .45 pm	400m	Under 14 - Over 17
1. 15 pm	1500m	Under 14 - Over 17
1.45	RELAYS	Under 14 - Over 17

Relay Draw

Stream Lane 2	Under 14 16 Open	Town Lane 2	Under 15 17
Lane 4	Under 15 17	Lane 4	Under 14 16 Open